

WHAT IS CLAIMED IS:

- 1 1. A martial arts training device, including:
  - 2 a. an elongate shaft;
  - 3 b. at least four arms, each arm extending at approximately a right angle from the  
4 shaft, the arms being located in spaced apart relationship both with respect to the  
5 length of the elongate shaft, and with respect to orientation around the shaft in a  
6 plane normal to the shaft, wherein each arm after a first arm has a predecessor arm  
7 along the shaft, and each arm after the first arm is rotated at least  $60^{\circ}$  with respect  
8 to its predecessor arm and wherein at least one arm of the at least four arms  
9 extends into each quadrant of a circle with the elongate shaft at its center;
  - 10 c. a first rotary bearing; and
  - 11 d. a base, the base supporting the first rotary bearing and the first rotary bearing  
12 supporting the elongate shaft at an end thereof such that the shaft is capable of  
13  $360^{\circ}$  rotation.
- 1 2. The martial arts training device of claim 1, wherein the first rotary bearing is a roller  
2 bearing.
- 1 3. The martial arts training device of claim 1, wherein the first rotary bearing is a ball  
2 bearing.
- 1 4. The martial arts training device of claim 1, wherein the first rotary bearing includes  
2 two opposed cup structures each structure including a hollow cylinder closed at one  
3 end by a curved surface.
- 1 5. The martial arts training device of claim 1, wherein the martial arts training device is  
2 free standing.

- 1 6. The martial arts training device of claim 1, wherein the base is attached to another  
2 structure so that the position fixed.
- 1 7. The martial arts training device of claim 1, wherein the at least four arms consist of  
2 exactly four arms.
- 1 8. The martial arts training device of claim 1, wherein the at least four arms comprise six  
2 arms.
- 1 9. The martial arts training device of claim 1, wherein the at least four arms are spaced  
2 apart with respect to orientation around the shaft such that each arm extends from the  
3 elongate shaft at approximately a quadrant boundary of a circle with the elongate shaft  
4 at its center.
- 1 10. The martial arts training device of claim 1, wherein the at least four arms have a  
2 topmost arm and three succeeding arms oriented at  $0^{\circ}$ ,  $180^{\circ}$ ,  $270^{\circ}$ , and  $90^{\circ}$   
3 respectively with respect to a circle having the elongate shaft at its center.
- 1 11. The martial arts device of claim 1, wherein the device further comprises padding  
2 covering portions of the at least four arms.
- 1 12. The martial arts training device of claim 1, wherein the device further comprises a  
2 second rotary bearing supporting the elongate shaft at a second end of the elongate  
3 shaft.
- 1 13. The martial arts training device of claim 12, wherein the second rotary bearing is  
2 chosen from the group consisting of roller bearings and ball bearings.

1 14. A kit for assembly of a martial arts training device including: an elongate shaft; a first  
2 rotary bearing; a base; at least four arms; wherein the first rotary bearing is installable  
3 in the base and the elongate shaft is supportable on the first rotary bearing when  
4 installed in the base; and wherein the at least four arms are capable of being mounted  
5 on the elongate shaft in spaced apart relationship with respect to the length of the  
6 elongate shaft and with respect to orientation around the elongate shaft in a plane  
7 normal to the elongate shaft such that each arm after a first arm has a predecessor arm  
8 along the elongate shaft, and each arm after the first arm is rotated at least 60° with  
9 respect to its predecessor arm and at least one arm extends into each quadrant of a  
10 circle with the elongate shaft at its center, and wherein the elongate shaft is capable of  
11 rotating a full 360° when supported by the first rotary bearing supported by the base.

1 15. The kit of claim 14, wherein the at least four arms include six arms.

1 16. The kit of claim 14, wherein the kit further includes a second rotary bearing and a top  
2 support, the second rotary bearing being installable in the top support and the elongate  
3 shaft being installable in the second rotary bearing such that when the kit is assembled  
4 into a martial arts training device the shaft is supported by both the first rotary bearing  
5 and the second rotary bearing.

1 17. The kit of claim 14, wherein the base includes a fixed shaft, attachable to the base such  
2 that it cannot rotate, and wherein the elongate shaft is hollow and fits over the fixed  
3 shaft.

- 1 18. A method of a practitioner gaining proficiency in martial arts including the following  
2 acts:
- 3 a. standing near a martial arts training device wherein the martial arts training device  
4 includes a vertical elongate shaft supported by a rotary bearing, the rotary bearing  
5 supported by a base such that the shaft can rotate freely 360 degrees in either  
6 direction, the device including at least four arms, each arm extending out from the  
7 shaft at about a right angles thereto, the arms being located in spaced apart  
8 relationship both with respect to the length of the shaft and with respect to  
9 orientation around the shaft in a plane normal to the shaft, wherein each arm after  
10 a first arm has a predecessor arm along the shaft, and each arm after the first arm is  
11 rotated at least 60° with respect to its predecessor arm, and wherein at least one  
12 arm extends into each quadrant of a circle with the elongate shaft at its center;
- 13 b. striking an arm of the device;
- 14 c. allowing the shaft to rotate until a next arm comes within striking distance;
- 15 d. attempting to strike the next arm before hit by the next arm; and
- 16 e. repeating acts 2,3 and 4.
- 1 19. The method of claim 18, further comprising increasing the striking impulse with which  
2 an arm is struck such that momentum of the shaft is increased and greater capability is  
3 required to avoid being struck by an arm.
- 1 20. The method of claim 18, wherein an overhead block is practiced.
- 1 21. The method of claim 18, wherein an inside block is practiced.
- 1 22. The method of claim 18, wherein an outside block is practiced.
- 1 23. The method of claim 18, wherein a downward block is practiced.